

Actions and Motions

Pushing

Moving an object away from you (includes kicking, slapping, pressing and striking an object).

- Pushing a dolly

Pulling

Moving an object toward you (includes jerking or sliding an object).

- Dragging a box across the floor toward you

Climbing

Using your legs, arms, hands, or feet to move up or down a structure such as stairs, ladders, scaffolds, and ramps.

- Climbing a telephone pole to repair wires

Balancing

Moving in a manner that requires you to keep from falling because of unstable surfaces, such as slippery, moving, or narrow spaces.

- Replacing shingles on a steep roof

Bending

Using your back and legs to bend forward and downward.

- Leaning over a car engine to do repairs

Twisting

Rotating your upper body in a different direction than your lower body.

- Reaching behind you to pick up parts while you remain seated

Squatting

Lowering your body by bending at the knees.

- Checking the air pressure in a car's tires

Crawling

Moving forward while on your hands and knees.

- Crawling through a crawl space to get to plumbing

Kneeling

Lowering your body onto one knee or both knees.

- Kneeling on one knee to remove a flat tire from a car

Reaching

Moving your hands and arms toward an object at arm's length in any direction from your body.

- Reaching upward to change an overhead light bulb

Handling

Using your hands to hold, grasp, grip, or turn an object.

- Holding a drill while drilling holes

Fingering

Using your fingers to pinch, pick, or manipulate objects, especially small ones.

- Picking up nuts and placing them on bolts

Feeling

Moving your hands and fingers to perceive the shape, size, temperature or other characteristics of an object.

- Laying your hand on the hood of a car to check for heat

Repetitive

Using your feet or hands continuously in the same motion or motions.

- Typing at a computer or using foot pedal on a sewing machine